

## **Mindful STOP**

Dr. Carrie Brennan: The mindful STOP is a strategy for use during challenging situations. The first step is to just stop. Bring your awareness to the present moment. It can be helpful to actually vision a stop sign in your mind. The next step is to take that deep breath. Again, that's going to calm your body and bring your awareness even more into the current moment. Next, take some observations. Use both your insight and your external observation skills to find out more about what's going on. Remember, this is not a time to pass judgment. You just want to notice what's happening, what is coming up for you. Once you've identified those emotions, you're able to then proceed positively. This is a time where, instead of using your emotions to make a rash decision, you're more calm and you're able to use your skills, your knowledge, your best practices to make the right decision for this situation.